

Information for the Healthwatch 'Tell Theresa' event - March 2017



Ideas from young carers from Sheffield Young Carers Action Group (gathered 27.02.17)

Awareness Raising

- Stigma busting work in schools, workplaces and public spaces

Health services

- Therapeutic services - more access to services including holistic one
- Nicer cleaner mental hospitals
- More beds for patients in local mental health hospitals (AMHS and CAMHS)
- More therapists/ counsellors/ psychologists
- Having calm therapists
- More mental health services for everyone, especially people aged 16-18
- Mental health professionals keeping in contact with their patients regularly
- Place people in hospitals near their families so they can visit while they're ill
- Peer support/day centres for people with mental illness

Education

- Compulsory training for teachers on spotting symptoms of mental health and how to support pupils
- Specialist mental health leads in every school
- Work on stigma regarding mental health in schools (assemblies, lessons etc)
- Modules on mental health in all teaching, social work and health university courses

Money

- More funding for mental health services
- More funding for youth services
- People should be encouraged to pay more tax - It helps people with mental issues (by paying for benefits and services)
- Free physical activities eg. gym passes / cheap access to transport/ free holistic treatments for people on low income
- Cheap good local transport to access services and different parts of the city as easy as possible

Staying healthy (preventative)

- Talking shops/groups support for people with mental illness and their carers
- Respite and support for young carers and their family members (e.g. Young Carers Services, youth services, support in schools)
- More fun activities
- More funding for youth services
- More self-help online resources but with a quality kitemark
- Free facilities for leisure activities in good condition that keep prices low
- Keep open spaces in the city and improve them
- Keeping the city clean and tidy
- A sense of community / more acts of kindness
- Opportunities to feel listened to and contribute to things / feel valued